

THE COZUMEL 5K RUN & WALK

Gender

Male Female

Adult T-Shirt Size

S M L XL

Make Checks Payable to:

PIFWNY

P.O. Box 163

Hamburg, NY 14075

In consideration of your accepting this entry, the undersigned intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Cozumel 5k Run, Kevin Walsh, Buffalo, NY, all sponsors, the people of New York, their offices, agents, employees, for all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any of the foregoing to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever.

Signature

Parent or Guardian if under 18 years of age

Date

RACE DIRECTOR
KEVIN WALSH
5KRACEINFO@GMAIL.COM

Please Support
Our Generous Sponsors:



Registration & Packet Pickup:

Thursday
Aug. 9, 2012
Noon - 7pm

Friday
Aug. 10, 2012
Noon - 7pm

Available at:



COZUMEL



Hosted by:

Cozumel Grill & Tequila Bar

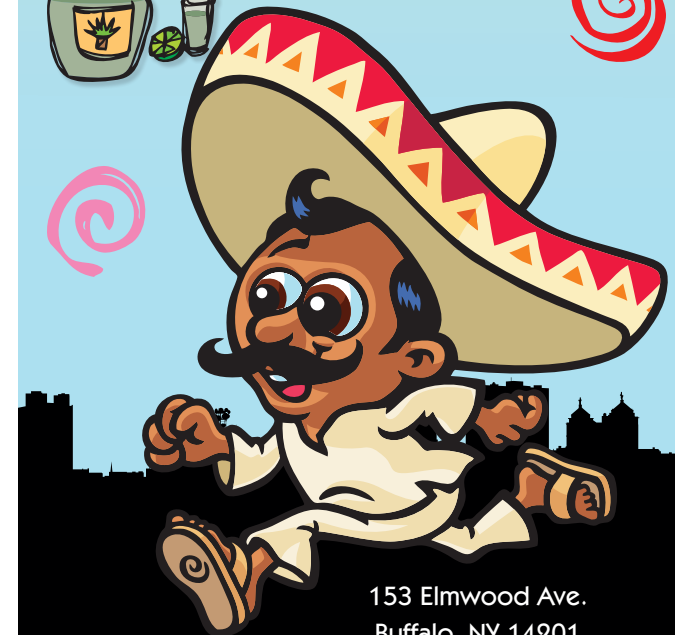


Friday August 10, 2012

7:00pm Start

&

Post Race Party!



153 Elmwood Ave.
Buffalo, NY 14201



THE COZUMEL 5K



Find us online at www.buffalorunners.com or www.active.com



THE BEST POST RACE PARTY OF THE YEAR!

Course

The course follows the same route as the old Nickel City 5k. With the run starting in Allentown it will take you on a tour of some of the best parts of the city. The race includes two water stops at miles 1 and 2. This includes the Elmwood strip with an awesome finish at the Cozumel Grill!

Registration

Early Registration until 8/5/12 After 8/5/12 & Race Day

Run: \$22.00	Run: \$27.00
Walk: \$22.00	Walk: \$27.00

\$20 cover for non-race participants at the post race party (payable at door)
KIDS 5 AND UNDER FREE ADMISSION FOR POST PARTY

DELUXE PACK WITH SHIRT AND GOODIES FOR THE FIRST 250 REGISTERED!

Awards

First place over-all Male & Female awards AND top three Male & Female finishers in five year age-groups will be awarded!

Family Friendly Post Race Party!

The fun starts immediately following the run at Cozumel Grill!
We will have live music and food will be provided by Cozumel Grill with a healthy selection and almost endless beer!



Name: _____

Address: _____

City: _____ State: _____ Zip: _____

e-mail: _____

Phone #: _____

Age Race Day: _____

Age Race Day: _____

D.O.B: _____

Registering for: _____

Individual: _____ 5k Walk: _____

Total Enclosed: _____
one registration form per participant please